

OFFICE: 10289 Paradise Drive • Largo • FL 33773 • (727) 393-5916

November 2018

Novmber Means Welcome Back Snow Birds! Like Brian & Una Macnamara and Iain & Cecilia Lawson of Twin Lakes pictured enjoying Musselman's Lake in Stouffville, Ontario!

Monthly Mania Winnerl \$100 • Sally Ericson Tarpon Pest Control Delivered Door-to-Door by Park Residents FREE Every Month

Issue 8

Year

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### **From The President**

Kathy Bornick

The devastation in the Panhandle is an example of what could happen here. The Clubhouse is NOT a safe environment, nor will it be a shelter during, or after, a storm. Please people, do not encourage anyone to stay in the Park when there is a storm. Evacuate, as instructed and save <u>your life</u>. We can clean up the damage to the property later. And together, we will!



Pat Merl

This has been my first summer here at Holiday Shores Park and it certainly was a wet one. As a result of all of the rain, the grass grew like wildfire. The lawns were desperately in need of cutting a few days after they had been cut!

Needless to say, over the past few months, the weeds have overtaken the 36" area of many properties. Standards noted violations and letters were sent out from the office. Many owners have taken action, yet there are still a number of properties that need to be cleaned up. Please be sure that you don't overlook this area of your landscaping. Standards makes monthly checks on random dates. PLEASE NOTE: Should Standards find any properties with unattended weeds, whether in the gutter or around the coach, during next week's run, the Park has the option to have the weeds cleared up and to charge the homeowner accordingly. (Rules and Regulations, Maintenance and Improvements, Page 10 Item 1a.)

Newsletters Cut-Off Dates November 15th

### **Neighborhood Watch**

Tom Vanzant

Real has arrived and many snowbirds are coming back to our piece of paradise. We would like to remind everyone that you need to contact us to get your refrigerator magnet delivered containing the phone number of the Sheriff. You can call Pam Grimm at 727-828-9541 and she will bring you one. If she does not answer, please leave your name and unit number and she will make sure you get a magnet.

The Pinellas County Sheriff's Department developed Neighborhood Watch. The Neighborhood Watch program operates on the concept that effective crime prevention requires cooperation with law enforcement. We are excited to announce that Deputy Sean O'Brien, from ....continued on page 5







### Knock, knock who is there? Not a health agent.



**Michael Crotts** FL Licensed Independent Health Insurance Agent

Medicare has very strict rules prohibiting the enrollment into most products via door-to-door sales. Still many seniors are experiencing unsolicited calls and visitors. Making a decision about your health coverage is important and should be done every year, but not by someone who shows up on your doorstep or is cold calling you. At Best Plan Choice, we encourage you to find out how good a full-service health agency can be for you. We work directly with individuals, groups and communities to bring our services to you, at your request.

During the annual enrollment season for Medicare health coverage (Oct 15-Dec 7) we host seminars with free coffee and dessert (see our enclosed insert or call 855-BOOMER65). Throughout the year, we are available to present every available plan, assist you with customer service issues or become your agent if you need one.

Are you debating if you need Medicare Part B? We can show you how to save money on your Part B premium each month. Do you need financial assistance? We can help you apply for Medicaid or extra help for the high pharmacy costs you may have. Is your spouse still working to provide health insurance for you? We

may have options which will start their retirement sooner. We will provide a complete needs analysis during a personalized appointment so you can make the best plan choice for you. As always, our services are without charge or cost to you. Call us at Best Plan Choice, where Clients become Friends, and Friends become Clients!



Best Plan Choice Insurance Agency HEALTH INSURANCE MEDICARE • MEDICAID 855-BOOMER65 727-845-5297 info@bestplanchoice.com





the Crime Prevention & Community Awareness Unit, will be speaking at our Board Meeting on Thursday, January 17, at 10:00am. He will conduct a presentation on dealing with an Active Assailant/Shooter.

Just a quick reminder to our returning shareholders. We had 2 nights this summer that resulted in the loss of personal property. You can keep your property safe by following these tips:

Keeping dark areas lit up, locking up bikes, chargers, scooters, vehicles, and calling on suspicious people all help to keep our park crime

free. Remember....the Sheriff's department developed this program. DO NOT BE AFRAID TO CALL THE SHERIFF, then call either Tom or Pam. We keep a log of all concerns/calls in the park. Please don't call the office. They have enough work already.

If you are interested in joining Neighborhood Watch, please call either Tom Vanzant at 609-980-2063 or Pam Grimm at 727-828-9541. If you are unsure and would like to do a ride along to help decide, we can make that happen too. Both full time and part time shareholders are welcome! If you are a night owl or have trouble sleeping at night, this is perfect for you. We normally ride in pairs, so you won't have to be alone. We even have a golf cart that can be used. Questions? Please call Pam Grimm.

### **Holiday Shores Activities Association**

Shirley Johnson

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**L** Our October meeting brought 21 people to join Monty in prayer and the pledge of allegiance. We talked about our coming events for November. Our 50/50 was won by Carolyn Sperry and Julie Pion claimed our \$10 name tag prize.

Our October luncheon will be held at E & E Stakeout Grille. We, also drew out our November luncheon since it will be held on November 8th at Seabreeze.

Judy Garneau and Julie Pion are organizing a new park photo directory. Please read the brochure in the newsletter.

We will be gathering around the flag for Veterans Day at 10 am. Coffee and rolls will be served after our honoring of all our veterans.

Bob Fuller and Tom Speranza will be cooking our turkeys for our covered dish meal for Thanksgiving.

Welcome back party is planned for November 17th at 6:00 pm at clubhouse. Watch the a-frame in front of the clubhouse for details.

Brad Dykens will be giving a senior safety talk on Thursday, November 15th at 7:30 pm. Calendar is beginning to fill up, come out and join us!





#### Shuffleboard News Priscilla Donegan

'd like to welcome back our residents returning from the north and extend an invitation to anyone who would like to give shuffleboard a try, especially any new residents.

Hopefully, we will be able to begin the 2018-19 shuffleboard season in November. There have been some issues with the company that was to work on the courts this summer and it remains to been seen just what will be done.

We shuffle on Monday, Wednesday and Friday at 1:00. The cost is a dime a game. If you win you get your dime back! Dues will be \$3.00, and can be given to our Treasurer, Tom Smith. Dues for the shuffleboard club is due in November and is good until the following November.

Looking forward to seeing you on the courts.

### **GOLF: HOLIDAY CHIPPERS**

Priscilla Donegan

'd like to welcome back any residents that have returned from the north and extend an invitation to any new residents to give Chippers a try.

We meet on the putting green on the third Saturday of the month at 12:00. It costs a \$1.00 to golf nine holes and the hole in one contest.

In order to win money you must pay dues, which is \$2.00 for the year. Our dues are due in January, however, if you are a new to this event you must pay the dues for 2018.

Be sure to bring extra money because there is a 50/50 draw and food for you to purchase.

Our chef, Bill Wall, grills delicious hotdogs and maybe a brat or two. Pop, water, and for a reasonable donation, beer is available.

Hope you decide to give this event a try. There is equipment for you to use. See you on the green .

### **Sharing and Caring**

Dolly Lake

**P**LEASE call me if you know of someone who is ill, in the Hospital, having surgery, or has passed away, etc. Very often, people think someone else has called me, therefore I am not informed. So please give me a call!! Thanks for your help.

Peg Scano had back surgery at Morton Plant and is in rehab at Health South.

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www.FLDSCC.com





### Way Off-Broadway Theatre Group

David Middleton

The Way Off-Broadway Theatre Group will meet on Tuesday November 13th at 2:00 pm to begin making plans for our show in March. We will be electing our officers for the coming year and discussing our production of Gilligan's Island, The Later Years, a very funny parody of the beloved TV sitcom. What happens when a scheming, conniving, greedy resort developer sets her sights on the long undiscovered island where the castaways live? Come join us and see. WOBTG welcomes everyone to come "play" with us; we're always looking for new talent both on stage and off! Any help and suggestions will be welcome. So, put on your thinking caps, let the creative juices flow and let's get theatrical! We'll see you on Tuesday, November 13th at 2:00 pm!

### **Holiday Shores Park Anniversaries – November**

Marv & Tammy Prochaska Don & Pat Osentoski Clarence & Marilyn Handy Buddy & Linda Bowman Ron & Lois DeHart Carl & Shirli Reish Timothy & Barbara Zagar Joseph & Jennifer Virden Carmen & Anna Martorana Jurgen & Pat Hellmich November 5 November 8 November 10 November 19 November 21 November 23 November 29 November 30



### **Holiday Shores Park Anniversaries – December**

Alan & Janeanne Pope Alfred & Brenda Augustine Paul & Carrie Gosse Greg & Janie Guyler Bill & Merrell Morrissey Roy & Peggy Harless Ernest & Sherry Crain December 13 December 13 December 14 December 24 December 26 December 27 December 27





### **Holiday Shores Park Birthdays – November**

Greg Reed	November 3
Ted Geertsema	November 4
Elizabeth Barron	November 4
Barb Reigelsperger	November 6
Lo Dykens	November 6
Tori Inglis	November 6
Ted Famularo	November 7
Joe Gora	November 9
Barbara Ann Kastman	November 9
Anna Martorana	November 11
Peggy Nichols	November 11
Ray Kubiak	November 11
Bob Fry	November 11
Lindy Rolfe	November 12
Ernest Crain	November 12
Christina DiLonardo	November 13
Richard Alvord	November 13
Leslie Bianchini	November 13
Diana Zeller	November 15
David Illar	November 15
Joyce Ondish	November 18
Thomas Baillie	November 18
Virginia Craghill	November 20
Donald Sanford	November 21
Fred Dempsey	November 23
Carmen Martorana	November 24
Judy Matthews	November 26
Peggy Beane	November 27
Concetta Greco	November 28
Joseph Virden	November 28
Charles Keller	November 29
Albert Bourgeois	November 30
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HOLIDAY SHORES HEADLINES NOVEMBER, 2018 E

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### **Holiday Shores Park Birthdays – December**

Sue Short Vicki Dieter Bryan Martin Betty Thacker Tony Guagliardo Cas Castello Art Pion John Ricks **Charlie Spencer** Martin Karan Patty Ayers **Dolores Wenc** Sandy Opel Beverly (BJ) Hansen Carol Ann Mai Paul Blaney Anne Carter Doug Brown Judy Campbell John Bellamy Asynthia Sukal Pat Osentoski Jan Lessard

December 1 December 1 December 2 December 4 December 4 December 5 December 5 December 5 December 5 December 7 December 8 December 9 December 9 December 9 December 11 December 14 December 14 December 14 December 14 December 14 December 16 December 17 December 17

Kenneth Trotter Catherine Landry Frances Bowen Susanne Markham David Bishop Ralph Thacker **Yvonne** Tarlton Albert Choi Lucien Bouchard **Russell Cummings** Eva Domen Patricia Lou Hop Ann Marie Reid Nina Fields Lynne Blaney Peggy Wallace Sondra Wright

- December 18
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- December 30





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**Oscar Sison** Monday – Friday 8 a.m. – 5 p.m.



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### ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

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Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
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CollisionACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with AirBags, ABS and Anti-Theft device

\*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving





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10297 North Lake Dr. (Lot 79) – 2bed/2bath – Furnished DW Asking Price - \$94,900.00 (Including Share) Maintenance Fee \$130.00 Call Lee Rades – Eagle Crest Realty – 727-420-6427

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10289 Magnolia Lane (Lot 177) – 2bed/2bath – Furnished DW Asking Price - \$174,900.00 (Including Share) Maintenance Fee \$161.00 Call Lee Rades – Eagle Crest Realty – 727-420-6427



10289 South Lake Dr. (Lot 234) – 2bed/2bath – Partially Furnished DW Asking Price - \$84,900.00 (Including Share) Maintenance Fee \$130.00 Call Lee Rades – Eagle Crest Realty – 727-420-6427

## November Sudoku

9			3	5		4		
7			4					
					6			
8				9				1
						8	2	6
		1		2				
			9		5		3	4
	1							
	6					5	9	7



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8	9	Ζ	3	4	L	6	٢	G
4	3	٢	G	9	6	8	L	2
6	4	٢	8	2	S	٢	3	9
9	2	8	L	3	٢	S	6	4
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G	8	6	9	L	2	З	4	٢
3	k	9	6	8	4	2	S	L
2	L	4	٢	g	3	9	8	6

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### **Services Directory**

#### **AIR CONDITIONING SALES/SERVICE**

Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
Appliance Specialty, Inc.	727-520-6002
ATTORNEY	
Law Offices of Paul Herzfeld	727-587-0009
AUTO BODY & PAINTING	
Auto Painters Plus	727-504-6891
AUTO REPAIR	
Barnes & Barnes Automotive	727-584-6472
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	727-559-8811
Century Awnings Co.	
BathMasters	727-333-7997
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
CARPET CLEANING	121 001 0001
Bill the Carpet Guy	727-521-4163
Doll Brothers Carpet/Upholstery Clnrs.	727-596-2249
CLEANING/INTERIOR	121 000 2210
Barbara's Home Cleaning Service	904-547-9250
Betty's Cleaning & Custom Services	727-280-4841
Debbie's Cleaning Services	774-225-1225
COMPUTER SERVICES	114-220-1220
Discount Computer Repair	727-320-2065
Largo Tech Services, LLC	727_171_1285
DENTIST	121-414-4200
Dental Walk-In Clinic	727 533 0100
DERMATOLOGIST	121-000-0100
Florida Dermatology & Skin Cancer	727 548 0106
DOCTOR - INTERNAL MEDICINE	121-040-0100
Davita Medial Group	877 313 4707
Mahajan Medical Center	727 518 0822
Suncoast Family Medical Assoc.	727 588 0572
DDIVEWAY COATING	
Concrete Wizard, Inc.	727 780 5444
	121-109-0444
Velocity Air	727 754 7056
	121-134-1930
Boss Electric Corp.	727 701 1308
Haseney Electrical Services, Inc	727 111 91-1300
Palm Harbor & Dunedin Electric	707 772 1600
FINANCIAL SERVICES	121-115-1022
First Financial Guarantee	707 510 0000
FLOOR COVERINGS/RETAIL	121-010-0333
At Home Floors - Carpets + Tile	707 504 0744
FLOOR REPAIR	121-304-3111
	707 000 4000
Flatworks	707 220 7004
Florida Anchor & Barrier Co.	
Perfect Repair & Construction, Inc	121-539-0852



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AJ's Beds & Furniture	727-588-0406
<b>GOLF CARTS SALES &amp; SERVICE</b>	
Capital Golf Carts, Inc	777 777 8833
Recreational Golf Cars of Florida	. /2/-548-8460
HAIR SALON/BARBER SHOP	
West Bay Clippers	727-581-3637
INSURANCE/AUTO	
	707 505 0504
O. E. Wilson	/2/-535-0524
<b>INSURANCE/HEALTH - MEDICAR</b>	E
Best Plan Choice - Michael Crotts	727-845-5297
Humana - Oscar Sison	
MANUFACTURED HOME SALES/N	
Citrus Homes/Meadowood Homes	. 727-535-5262
<b>MOBILE HOME SUPPLIES - RETA</b>	
Mobile Home Depot, Inc.	
Southeast Mobile Home Supplies	. 727-522-2090
MOBILE HOME WASH/WAX	
Michael Simoneau Maintenance	727-735-2380
Devel Enterprises	707 204 7254
Royal Enterprises	121-394-1351
Wyngarden Mobile Home Wash	727-587-0876
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-30/-7351
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	727-470-5876
Sherman's Painting	727-458-6923
PEST CONTROL	
Buggin Out Termite & Pest Control	. 727-535-2629
Modern Pest Control, Inc	727-410-1466
Nature's Resource Pest Control	727-785-2552
PLUMBING SERVICE	. 121-100-2002
Denny's Plumbing, Inc	727-530-1391
Jones & Sons Plumbing, Inc	727-799-0287
Largo Plumbing Co	727 506 0525
REMŎDELINGĬINTERIOR	
American Restoration Systems, Inc	. 727-525-7200
Innovative Homecrafters	
ROOF COATING	
Community Roofing of Florida, Inc	. 727-536-9999
ROOF REPLACEMENT	
All Weather Roofing1	800-297-3758
	707 474 0000
AMS Advanced MH Systems	. / 2/-4/1-0820
ASC Aluminum Specialty Contr	727-547-8300
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	777 595 1117
	. 121-303-4442
SELF STORAGE	
Indian Rocks Storage	. 727-596-8678
TIE DOWNS/MOBILE HOMES	
	707 000 7004
Florida Anchor & Barrier Co	. /2/-330-/821
TRAVEL/VACATION	
Travel Is Fun	727-347-1600
VAPOR BARRIER	
	707 000 7004
Florida Anchor & Barrier Co	. 727-330-7821
Florida Underhome Solutions	. 727-492-1884
Underhome Armor	
VINYL SIDING	
AMS Advanced MH Systems	. /27-471-0820
ASC Aluminum Specialty Contr	727-547-8300
Mitchell Siding	727_586_3615
WINDOW REPLACEMENI	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	. 727-547-8300



## NOVEMBER•2018

Sunday	Monday	Ti
S     M     T     W     T     F     S       2     3     4     5     6     7     8       9     10     11     12     13     14     15       16     17     18     19     20     21     22       23     24     25     26     27     28     29       30     31		
4 Daylight Savings Time Ends	5 7:00A: Exercise for Early Risers 9:00A: Exercise 10:00A: Chair Exercises 1:00P: Shuffleboard 1:00P: Bridge 6:00P: Cards & Poker	1:00P: Po 1:00P: Ga 6:00P: Ca
11 Veteran's Day	7:00A: Exercise for 12 Early Risers 9:00A: Exercise 10:00A: Chair Exercises 10A – Veterans Day Celebration 1:00P: Shuffleboard 1:00P: Bridge 6:00P: Cards & Poker	1:00P: Po 1:00P: Ga 2P – The: 6:00P: Ca
18	19 7:00A: Exercise for Early Risers 9:00A: Exercise 10:00A: Chair Exercises 1:00P: Shuffleboard 1:00P: Bridge 6:00P: Cards & Poker	1:00P: Po 1:00P: Ga 6:00P: Ca
25	26 7:00A: Exercise for Early Risers 9:00A: Exercise 10:00A: Chair Exercises 1:00P: Shuffleboard 1:00P: Bridge 6:00P: Cards & Poker	1:00P: Po 1:00P: Ga 6:00P: Ca

## **Holiday Shores**

uesday	Wednesday	Thursday	Friday	Saturday
		1 11:00A – Horse Shoes 5:00P - Wii Bowling All Saints Day	7:00A: Exercise for 2 Early Risers 9:00A: Exercise 10:00A: Chair Exercises 11:00A: Line Dance with Jan 12:00P: Music with Jack 1:00P: Shuffleboard 6:00P: Cards	3 9:00A – Activites Social 9:30A – Activities Meeting 11:00 – Horse Shoes
6 ol/Billiards mes/Cards rds rds	7 7:00A: Exercise for Early Risers 9:00A: Exercise 10:00A: Chair Exercises 12:00 – 3:00 – Music Sessions-All Welcome 1:00P – Shuffleboard	8 9:30A – Short & Long Range Mtg 10:00A - Finance Mtg 10:30A – Agenda Mtg 11:00A – Horse Shoes 12:00P - Luncheon 5:00P - Wii Bowling	7:00A: Exercise for 9 Early Risers 9:00A: Exercise 10:00A: Chair Exercises 11:00A: Line Dance with Jan 12:00P: Music with Jack 1:00P: Shuffleboard 6:00P: Cards	10 11:00 - Horse Shoes
13 ol/Billiards ames/Cards atre Meeting ards	14 7:00A: Exercise for Early Risers 9:00A: Exercise 10:00A: Chair Exercises 12:00 – 3:00 – Music Sessions-All Welcome 1:00P – Shuffleboard	15 9:30A – Board Mtg 11:00A – Horse Shoes 5:00P - Wii Bowling 7:30P – Senior Safety Mtg	7:00A: Exercise for 16 Early Risers 9:00A: Exercise 10:00A: Chair Exercises 11:00A: Line Dance with Jan 12:00P: Music with Jack 1:00P: Shuffleboard 6:00P: Cards	17 11:00 – Horse Shoes 12:00P – Chippers 6:00P – Welcome Back Party
20 ol/Billiards ames/Cards ards	21 7:00A: Exercise for Early Risers 9:00A: Exercise 10:00A: Chair Exercises 12:00 – 3:00 – Music Sessions-All Welcome 1:00P – Shuffleboard	22 11:00A – Horse Shoes 5:00P - Wii Bowling Thanksgiving Celebration Thanksgiving Day	7:00A: Exercise for 23 Early Risers 9:00A: Exercise 10:00A: Chair Exercises 11:00A: Line Dance with Jan 12:00P: Music with Jack 1:00P: Shuffleboard 6:00P: Cards	24 11:00 – Horse Shoes Private Party
27 ol/Billiards ames/Cards ards	28 7:00A: Exercise for Early Risers 9:00A: Exercise 10:00A: Chair Exercises 12:00 – 3:00 – Music Sessions-All Welcome 1:00P – Shuffleboard	29 11:00A – Horse Shoes 5:00P - Wii Bowling 7:30P – Karaoke	7:00A: Exercise for 30 Early Risers 9:00A: Exercise 10:00A: Chair Exercises 11:00A: Line Dance with Jan 12:00P: Music with Jack 1:00P: Shuffleboard 6:00P: Cards	



### A heartfelt request

mma came home from work one Tuesday evening with no idea how her life was about to change. Mixed in with her daily mail was a handwritten note addressed simply to "neighbor." The handwriting on the envelope and the note inside was in a shaky hand that reminded Emma of her late grandmother's penmanship.

The return address on the envelope was for a house across the street that Emma believed to be vacant. The curtains were always closed and in the few years since Emma and her family moved into the neighborhood, they never saw anyone enter or leave the house across the street.

The note inside the envelope read:

Dear neighbor,

I see you with your family and you seem like a very nice person. I was wondering if we could be friends. I am 93 years old and no longer have any family. I am very lonely.



The note was signed by a woman named Allison.

In just a few lines Emma was reduced to tears. She thought of her own grandmother, who she'd just buried a few months ago, and how the loss of her passing was still present. Then she thought about how much loneliness and courage it would take for an elderly person to reach out to a complete stranger, hoping to make a connection.

The next day, after Emma sent her kids off to school, she walked over to Allison's house and knocked on the door. She was greeted by a petite older woman with dazzling blue eyes. For the next few hours they got to know a little about each other over a pot of coffee and warm banana bread. Over the next few years Allison became a surrogate grandmother to Emma and her family.

As we embark upon this festive season of feasting and holiday observances, let us remember that the person in the next cubicle, living down the hall or across the street may be left out of these good times. Reach out in the spirit of friendship and inclusion to warm the heart of a lonely person though a selfless act of kindness.

Fortunately, somewhere between chance and mysterylies imagination, the only thing that protects our freedom, despite the fact that people keep trying to reduce it or kill it off altogether.

—Luis Buñuel

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### Busy as a bee—even when the bees are sick

Honeybees are hard workers—even when they're sick. The (e)Science News website reports that researchers using radar technology have learned that honeybees continue to seek and collect honey for their hives even when they're suffering from infections or viruses.

The scientists mounted tiny, lightweight transponders to bees' thoraxes, enabling them to track individual bees using a radar signal. Studying the flight paths of 78 bees, the researchers found that although the sick bees didn't fly as far or as long as their healthy counterparts, they continued their search, suggesting that bees are hardwired to seek and procure honey even when they're ill.

### **Copper bracelet suggests vast ancient trade network**

n ancient copper band unearthed with cremated human remains in Georgia suggests that Native Americans may have traded across greater distances than previously was thought, according to the EurekAlert website. The band, a little wider than a bracelet, came from the Great Lakes region some 1,500 miles away. Scientists were able to determine the band's origin because copper sources have a unique chemical makeup.

The fact that the Native Americans were cremated is also significant, because cremation was unknown in the Southeast United States during the time period the bracelet dates from—some 3,500 years ago—but was commonly practiced in the Great Lakes region and other northern regions. This suggests that our ancient ancestors may have had connections across large distances, allowing for wide trading networks across North America.

The question is one of judgment. For the distinguishing element of science is not intelligence but judgment. Or perhaps it is simply luck.

—John M. Barry



HOLIDAY SHORES HEADLINES NOVEMBER, 2018 E









### Take a cold shower—for better health

howers keep you clean, but a cold shower can be good for your health. An article on the Success website spells out the benefits of taking cold showers:

• Immunity. Scientists believe there's a correlation between cold showers and increased production of an amino acid called glutathione, which boosts the immune system, gets rid of toxins, and eases stress.

• Better skin health. A hot shower removes important oils from the skin, making it dry and itchy. Cold showers reduce skin inflammation. They also prevent your hair from becoming brittle.

• Muscle recovery. There's a reason why athletes soak in ice baths after a tough game. The cold water helps speed their recovery time and relieve soreness quicker.

• Better moods. Cold showers may prevent depression, according to researchers at Virginia Commonwealth University. Decreasing the temperature of your water and then spending two or three minutes under cold water sends a lot of electrical impulses from the nerves in your skin up to your brain, which could have an anti-depressive effect.

### Climate change strategy a mixed bag

S cientists scrambling for a solution to the problems caused by climate change have come up with an intriguing idea: shooting tiny particles high into the atmosphere to scatter the light of the sun.

The Science magazine website reports that sulfur dioxide gas can cool down temperatures by reacting to water vapor and forming droplets that scatter sunlight. It happens during major volcanic eruptions, such as the eruption of Mount Pinatubo in the Philippines in 1991 and the eruption of El Chichon in Mexico in 1982.

Scientists have used computer modeling to project the effect of injecting light-scattering aerosols into the stratosphere.



Unfortunately, the probable results appear mixed. Although the model predicted that corn harvests would increase 6.3 percent due to reduced heat, other crop yields would fall because of diminished sunlight, and the strategy would likely have no effect on yields for crops like soybeans, rice, and wheat. Scientists continue to study the theory in hopes of finding a viable approach to managing climate change.



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### Dining out by age groups

**H** ow much do you spend dining out every month? Acosta and Technomic's "The Why? Behind The Dine<sup>TM</sup>" survey looked at trends among different demographics. Here's what it found:

- **Diners with children 17 and under** spend an average of \$544 on food a month, with 38 percent spent on food prepared outside the home.
- Generation Z diners ages 18–21 spend \$360, 29 percent on food from outside.
- Millennials, ages 22–36, spend \$513, of which 40 percent is prepared outside the home.
- Gen X diners, ages 37–52, spend \$469, with 32 percent spent on food from outside.

### Why we do—and don't—go to church

mericans go to church for many reasons—and some avoid church for reasons of their own. The Pew Research Center looked into what draws people to religious services and what keeps them away. Here's what it found:

#### **Reasons for going to church**

To become closer to God	81 percent
To give children a moral foundation	69 percent
To be a better person	68 percent
For comfort in times of grief or sorrow	66 percent
Reasons for rarely or never attending services Practice faith in other ways	37 percent
No religious belief	28 percent
No church/religion they like	23 percent





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(Allow 4-6 weeks for mailing of check). This month's cash	winners are:
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### Is it a headache—or a brain tumor?

s that headache a sign of a serious medical problem? Maybe, but don't panic. A severe headache makes many people worry that they have a brain tumor, but according to The Cut website, the time to worry about brain tumors is when you have a headache combined with vomiting. These types of headaches come on suddenly, often at night, and feel worse when you're lying down. Over time they'll create other symptoms—numbness, weakness on one side of the body, and speech and vision difficulties.

More likely, a severe headache is either a migraine or a cluster headache. Both of these tend to appear in one side of the head. Some 36–44 million Americans suffer from migraines, which can last up to 72 hours. Cluster headaches also occur on one side of the head, and come in waves—people may have up to eight per day. They're more painful than migraines, but they're also over more quickly, lasting from 20–45 minutes.

Seek treatment, but don't worry yourself sick about brain tumors.

## +

### **Doctors shortchanging patients, study says**

Deforming the problem of the patient's reason for the visit correctly only about 36 percent of the time.

The researchers offered several explanations for the situation: physician burnout, time constraints caused by the necessity of dealing with health insurance issues, and limited training in patient communication skills for physicians trained before 2004 (after that, training put more emphasis on communicating with patients).

### **Surprising sources of pain**

The causes of pain aren't always obvious. Consider these unexpected sources:

- Back pain. Taking your vitamins? Chronic back pain can be caused by low levels of vitamin D. Another possibility: constipation caused by blockage in the colon. Eat more fruits, vegetables, and fiber for better digestion. (Source: Prevention magazine)
- Headache. Cheese may be the culprit. A substance called tyramine in cheese can trigger headaches. Also, low blood sugar can create a headache even before you realize you're hungry. A snack like whole-grain crackers with peanut butter can bring quick relief. (Source: the WebMD website)





#### **EVENTS & PROGRAMS**

WHITE ELEPHANT SALE. Saturday 11/3, 9AM-12PM. Americana Cove, 7201 St NE, St. Pete. Antiques, collectibles, jewelry, furniture, kitchenware, electronics, books, paintings, records, CDs, DVDs, VCRs, linens, bakery, plants.

La Plaza MHP Carport Sale: 6700 150th Ave N., Clearwater. Friday-Saturday, November 9th-10th, 8am-1pm.

Holiday Craft Fair: Saturday, November 10th, 2018 10am-2pm. Food, raffles, door prizes, unique items. Clearwater Cascade Mobile Home Park 9790 66th St N., Clubhouse.

HOLIDAY BAZAAR 11/10/18 All indoor craft show. First Lutheran Church, 1644 NURSERY Rd., Clearwater. 9:00am - 3:00pm 727-744-3806

Teakwood West Estate Sale: 61 Beechwood Lane, Largo. Over 100 items each of Purses, Clothes, and size 6 and 6-1/2 Shoes. 90% never worn. Furniture, kitchenware, and more. EVERYTHING MUST GO! Saturday and Sunday, November 10th and 11th, 8am to 2pm.

8th ANNUAL ARTS & CRAFT SALE - Sat., Nov. 10, 2018, 9AM-1PM Lake Haven MHP, Paradise Island Clubhouse, 1415 Main St. (SR580 & Lake Haven Road) Dunedin. Everything uniquely designed by hobby club members. Objects d'art include paintings and shadowbox creations; jewelry; crocheted, knitted and sewn items; greeting cards; and knick-knacks all individually crafted for home or gifting.

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AMS 2. Saturday ana Cove, Antiques,	BAZAAR & COMMUNITY SALE: Saturday, November 10th, 8am-2pm. Clubhouse & Carports. Live music, Bake sale. Crafts, Home goods, Antiques, Bake sale, Raffles, Gift	ANNUAL CARPORT SALE. 12/1 8am-2pm. Lincolnshire Estates 1071 Donegan Rd., Largo. Carport sale, furniture, nick nacks, glassware and more. Over 100 homes participating.		
furniture, books, Ds, VCRs,	baskets. Regency Heights MHP (next to Kohl's) 2550 S.R. 580, Clearwater. 727-265-8515	Yard Sale: Christmas items only. Saturday, December 1st, 8am. Sunset Palms MHP 3401 Gandy Blvd.		
6700 150th 7-Saturday,	Annual Craft Bazaar - Ranchero Village, 7100 Ulmerton Road, Largo Florida at Hacienda Clubhouse. Sunday, November 11th, 12-3pm. Full	Open House: 12/8/18, 9am-3pm. Handmade gifts, Holiday decorations. 7349 Ulmerton Rd. Lot 1041.		
m. November	house of vendors and lunch available. Basket raffles and much more.	Sunset Plams MHP Annual Craft Fair. Saturday, December 8th, 9am.		
od, raffles, Clearwater 9790 66th Main St. Dunedin (Behind Subwa Christmas decorations, gift items a		Craft Fair and Bake Sale: Saturday, Dec. 8th, 9AM to 2PM. 601 Starkey Rd. East Bay Oaks, Largo, 33771. Questions? Call Tammy 727-550-6750		
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	FLEA MARKET Saturday, November 24th 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, furniture, books, household items, decorations.	Village - 12/8/2018. Location: 29250 US HWY 19 N., just south of Curlew. From 8am to 2pm. Pick up a map when you enter or at the clubhouse. Bake Sale at clubhouse along with refreshments.		
	BRIAR CREEK ANNUAL BAZAAR November 30th 4PM-7PM December 1st 8am-Noon 100 Briar Creek Blvd off McMullen Booth Rd Trash & treasures, Jewelry, Bake Goods, furniture, tools,	Craft Fair: 12/9/18, 9am-3pm. Twin Lakes MHP 2419 Gulf to Bay Blvd, Clearwater. Crafters contact Liz 916- 335-4060 for more information.		
	linens, Christmas stuff, raffle baskets, and the list goes on and on! Come have fun, something for everyone!	WANTED TO BUY           FURNITURE, good clean, pre-owned.		
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